

Here in Missouri, one in every three adults complains of a loss in activity due to joint pain or arthritis. If you're a baby boomer (age 45-60), you're especially at risk for developing arthritis. Learn what you need to know about this chronic condition. There is no cure for arthritis, but with reliable information and some simple management tools, it is possible to find relief from joint pain and re-activate your lifestyle.

## Missouri Arthritis & Osteoporosis Program

University of Missouri — School of Health Professions  
Contact: Beth Richards, Director  
(573) 884-1220  
[www.dhss.mo.gov/arthritis/index.html](http://www.dhss.mo.gov/arthritis/index.html)

## Missouri Regional Arthritis Centers

### Central Missouri

University of Missouri-School of Health Professions  
1507 East Broadway,  
Hillcrest Hall  
Stephens College Campus  
Columbia, MO 65215  
Contact: Amber Phelps at  
(573) 882-8097 or  
[phelpsam@missouri.edu](mailto:phelpsam@missouri.edu)

### Kansas City Area

Saint Luke's Hospital  
4401 Wornall Road  
Kansas City, MO 64111  
Contact: Orvie Prewitt at  
(816) 932-2351 or  
[oprewitt@saint-lukes.org](mailto:oprewitt@saint-lukes.org)

### Eastern Missouri

Arthritis Foundation,  
Eastern Missouri  
9433 Olive Blvd, Ste. 100  
St. Louis, MO 63123  
Contact: Ann Mangelsdorf at  
(800) 406-2491 or  
[amangelsdorf@arthritis.org](mailto:amangelsdorf@arthritis.org)

### Northeast Missouri

A.T. Still University  
800 West Jefferson Street  
Kirksville, MO 63501  
Contact: Doris Fountain at  
(660) 626-2049 or  
(866) 626-2878 ext. 2049  
or [dfountain@atsu.edu](mailto:dfountain@atsu.edu)

### Northwest Missouri

Heartland Health — Plaza I  
802 N. Riverside, Ste. 225  
St. Joseph, MO 64507  
Contact: Debbie Braby at  
(816) 271-7064 or  
(800) 443-8858 or  
[debbie.braby@heartland-health.com](mailto:debbie.braby@heartland-health.com)

### Southeast Missouri

Saint Francis Medical Center  
150 S. Mount Auburn Road  
Cape Girardeau, MO 63703  
Contact: Marilyn Duncan at  
(573) 331-5880 or  
(888) 216-3293 or  
[semorac@sfmc.net](mailto:semorac@sfmc.net)

### Southwest Missouri

St. John's Health Systems  
1235 East Cherokee Street  
Springfield, MO 65804  
Contact: Margaret Lindsey at  
(417) 820-3446 or  
(800) 835-5197 or  
[margaret.lindsey@mercy.net](mailto:margaret.lindsey@mercy.net)

“And I thought  
I had to live with  
arthritis pain.”



Arthritis/Chronic Disease  
Information and Education

# Arthritis/Chronic Disease Courses

The Regional Arthritis Centers of the Missouri Arthritis and Osteoporosis Program currently offer these four courses. For course locations and schedules, call or email your Regional Coordinator or check the Web site, [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)



## 1 Arthritis Foundation Self-Help Program

This proven, effective program teaches people with arthritis the different skills needed to build a personalized self-management program and helps them gain the confidence to carry it out. The 6-week course consists of weekly 2-hour sessions guided by two trained instructors who follow a detailed protocol. Past participants of this program report a 20% decrease in pain and a 40% decrease in physician visits, even 4 years after course participation.



## 2 Arthritis Foundation Exercise Program

Developed by the Arthritis Foundation, this community-based program helps improve functional ability, decrease depression and increase confidence in one's ability to exercise. Trained instructors cover a wide variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs. Classes typically meet 2 or 3 times per week.



## 3 Chronic Disease Self-Management Program (CDSMP)

This program specifically addresses arthritis, diabetes and lung and heart disease, but teaches skills useful for managing a variety of chronic diseases. Examples of covered topics include exercise; nutrition; appropriate use of medications; and communicating effectively with family, friends and health professionals. CDSMP workshops meet 2 ½ hours per week for 6 weeks and are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.



## 4 EnhanceFitness

This exercise program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. EnhanceFitness focuses on stretching, flexibility, balance, low-impact aerobics, and strength training exercises. Specially trained, certified fitness instructors lead 3 classes per week for 1 hour each.

## Learn More About Arthritis

For more information about arthritis symptoms, types and treatments, feel free to contact the Missouri Arthritis and Osteoporosis Programs listed on the back of this brochure.

